

Hydration Checklist



OVERVIEW:

This hydration checklist is the reminder you need to keep drinking water throughout your busy day.

Download and print this checklist to remind yourself to stay hydrated.

WHAT'S INCLUDED:

- **Water Reminder Checklist**
A checklist that you can laminate, making it easy to cross out how much you drink with a white board marker.

Stay Hydrated

monday



tuesday



wednesday



thursday



friday



saturday



sunday



One rain drop is equivalent to 8-oz. water.

KEY

----- - cut along edge

Stay Hydrated

monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
sunday	

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